

# BILLINGS

## Dementia caregiver cost tracker

Who it helps: Families tracking dementia-related caregiving and respite costs.

Summary: Monthly cost tracker plus respite planning prompts.

Not medical, legal, or financial advice. Use this as a practical checklist and a record-keeping tool.

Monthly cost tracker (fill totals):

- Home care / aides: \$ \_\_\_\_\_
- Adult day / respite: \$ \_\_\_\_\_
- Medications / supplies: \$ \_\_\_\_\_
- Transportation: \$ \_\_\_\_\_
- Home safety changes: \$ \_\_\_\_\_
- Co-pays / visits: \$ \_\_\_\_\_
- Other: \$ \_\_\_\_\_

Care planning prompts:

[ ] What support do we need this month (sleep, meals, supervision, bathing)?

[ ] Who can help (family, neighbors, local programs)?

[ ] What is the next likely change in care level (and what will it cost)?

Helpful links:

- 211 local services: <https://www.211.org>
- Patient Advocate Foundation: <https://www.patientadvocate.org>
- HealthCare.gov (Marketplace): <https://www.healthcare.gov>
- Medicaid: <https://www.medicaid.gov>
- Medicare cost help: <https://www.medicare.gov/basics/costs/help>
- Alzheimer's Association: <https://www.alz.org>
- NIA caregiving: <https://www.nia.nih.gov/health/alzheimers/caregiving>